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HOME ECONOMICS
UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

1934/35 -

1952/53

Writing; 1943/44

REPORT OF THE CHIEF OF THE BUREAU OF HOME ECONOMICS
FOR THE FISCAL YEAR ENDED JUNE 30, 1925

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United States Department of Agriculture,
Bureau of Home Economics,
Washington, D. C., October 15, 1925.

Sir: I have the honor to present herewith the report of the Bureau of
Home Economics for the fiscal year ended June 30, 1925.

Louise Stanley, Chief

Hon. William M. Jardine,
Secretary of Agriculture.

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The second year of operation of the Bureau of Home Economics was completed June 30, 1925. The work of the bureau has continued along lines laid down in the last annual report under the Divisions of Food and Nutrition, Economics, and Textiles and Clothing. A beginning has been made in the study of housing and equipment by the employment of temporary workers. This division will not be developed during the current year, but until more funds are available, any equipment studies will be made by the subject-matter division most closely concerned.

No work has been initiated in the fields of home relationships or art in relation to the home, nor will any be possible during the current year. This is not due to lack of appreciation of the importance of these lines of work, but to the realization that it is advisable for the present to concentrate on the more clearly analyzed fields.

The closer analysis of the problems of home economics, which has come as the result of two years' experience in organizing the work of the bureau, deepens the conviction that the contribution which home economics studies have to make to national economy has not yet been realized. The welfare of any group is based upon a combination of efficient production and wise consumption. There has been a tendency to study and develop the former to the neglect of the latter. The closer the adjustment between production and home demands the greater the economy to all, especially if the home demands are so directed as to promote health, efficiency, and well-being of the individuals.

Through studies now under way in food and nutrition, textiles and clothing, and housing and equipment, guided by the studies in the economics division, it is possible to set up standards to guide the housewife in these demands.

Such standards can never be prescribed, but standards that make for national economy make also for individual economy. The requests for information along these lines indicate the individual need and desire for this information. Satisfactory solution of these questions, trivial as some may seem, makes its contribution to national welfare, and when these small contributions are multiplied by the millions of homes to be reached, the boundless possibilities of such studies are seen.

HOUSING

One of the first problems which faced the expanding bureau at the beginning of the fiscal year was that of suitable laboratory and office space. The bureau was assigned to one of the units of the group of temporary buildings, known as the Government Hotels, and was moved to it last October. This building was found to be well adapted to the needs of the bureau for both office and laboratory.

Laboratories are being equipped as they are needed, and up to the present time the following have been provided: An animal laboratory for the study of the nutritive value of foods, a chemical laboratory for studying food composition and analyzing metabolic material, a canning laboratory for study of problems of home canning, a baking laboratory, a laboratory kitchen for the study of general problems in food preparation, a textile laboratory, and a room for the study of more practical problems of home sewing.

An important addition to the equipment of the division of textiles and clothing is a permanent loan exhibit of all the types of home sewing machines now on the market. Six rooms are devoted to the display of forty-three machines including hand-, foot-, and motor-driven models. Experimental work is being planned to show the short cuts that are possible through the intelligent use of the sewing-machine attachments. It is hoped that during the coming

year a larger number of exhibits of various types of household equipment may be set up and some demonstration rooms furnished to show types of kitchen arrangement which are most satisfactory and time saving. In this way it is planned to gradually build up material which will be of assistance in answering the many questions coming to the bureau.

The lobby of the building provides space for showing exhibit material, charts, bulletins, the collection of lantern slides available through this bureau, and in some cases material from other bureaus dealing with the work of women. This lobby serves also as a meeting place for various groups of women interested in home economics. The bureau would like to encourage this service, since it brings the women in touch with the bureau, and the bureau in closer touch with their problems.

It is a distinct advantage to have all the work of the bureau under one roof. It is much easier to develop cooperative relationships, and the work of the bureau is rounding out much better as a result of the close contact of all the members of the staff. It is a disadvantage that the building is so separated from the remainder of the department. This has increased the necessary expenditures for telephone, messenger, and truck service.

PERSONNEL

The staff is being built up slowly. Special attention has been paid to building a flexible organization adapted to the changing needs of a small bureau. In the beginning of new lines of work it has been necessary to develop first the scientific staff. We have been especially fortunate in obtaining outstanding women in their special fields of work.

CORRESPONDENCE

Approximately 75 letters requesting information and publications are handled by the bureau each day. The questions which come in are many and

varied, from homemakers, manufacturers, and research workers. Frequent requests for information on food composition are answered by sending on the latest available figures from the records being assembled for the revision of the bulletin issued by the department a number of years ago on the chemical composition of American food materials. So far as is possible every inquiry is answered or the person placed in touch with the source of the information.

COOPERATIVE RELATIONS

An important part of the work of the bureau has been its service to the Land-Grant institutions, both in furnishing information for teaching and extension agencies, and in the encouragement of home economics research in these institutions. A decided stimulus has been given to the latter work by the passage of the Purnell Act by the last Congress. Home economics research will be started this year in almost every state experiment station.

Members of the staff have served on the national committees appointed to work out plans for national cooperative projects, and it is hoped that by keeping in close touch with the problems being studied unnecessary duplication may be prevented and the work so developed that the results from one state will be comparable with those from another. In this way it should be possible to get a much larger return from the sums of money expended under this act.

The bureau has worked in close cooperation with various women's organizations having headquarters here in Washington. We have supplied material for their official organs, and have supplied individual organizations with program material on subjects pertaining to the home. These groups furnish the most valuable channels we have for reaching the women in the home. Not only are we transmitting to them the results of our own research but the accumulated experience of other research agencies.

Special cooperation has been possible with the General Federation of Women's Clubs because of their new department of the American home, founded by their president, Mrs. John D. Sherman, and under the leadership of Mrs. Maggie W. Barry. An outline on human nutrition has been prepared for the use of these clubs, supplemented by our own and other government bulletins on this subject. Wherever possible help is being given in other phases of work being undertaken by the department of the American home, and it is planned to extend still further this service during the coming year.

The members of the various women's organizations have offered their cooperation in collecting information for some of the research studies under way. A beginning has been made in this in our study of the psychology of child feeding. A study is being made of food dislikes and refusals of children of preschool age. Mothers are in need of practical suggestions for the solution of behavior problems associated with these food refusals. Suggestions must be based on an understanding of actual circumstances, and built on methods which have proved successful in overcoming food antipathies. The bureau is attempting to bring together the experiences of a large number of mothers through a questionnaire which the American Association of University Women and the Merrill-Palmer Nursery School of Detroit are cooperating in placing in the hands of mothers who are interested in making a detailed report. The questionnaire includes a record of the type of difficulty, the foods refused, the circumstances of first refusals, methods tried in overcoming prejudices, and results obtained by each method. The summary of these records will be of value not only to mothers but also to pediatricians, nutrition workers, public health nurses, and others concerned with the solution of child-welfare problems.

FOOD AND NUTRITION DIVISION

It has been necessary to curtail certain lines of work formerly being undertaken in the Division of Food and Nutrition in order to make possible the study of much needed problems in economics and textiles and clothing. This curtailment has proceeded as far as possible, and if the bureau is to meet its responsibility in advising the consumer in regard to foods, this work of this division must be expanded another year.

Research has been continued on soft-wheat flour with the idea of developing information which can be given to the housewife to educate her in the use of this type of flour. The limit of production of hard-wheat flour has practically been reached, and a premium is now being paid for flours from hard wheat. Soft wheat production can still be expanded in this country, and it is important that the housewife should know and use the soft-wheat flours for such purposes as they are satisfactory. The bulletin on home baking now being printed emphasizes this point.

Soft-wheat flour is more satisfactory for certain products, such as cake, pastry, biscuit, and other quick breads, and when appropriate methods are used good yeast breads can be produced with the stronger of the soft-wheat flours. This bread compares favorably with that made from the strong hard-wheat flours in color of crust, grain and texture of crumb, and in flavor. It is usually inferior to that made from the strongest flours in water absorption, bread yield, and keeping quality, and sometimes also in loaf volume and shape. A fair quality of bread can be produced from many of the weaker soft-wheat flours. It has good flavor, good color of crust, but is inferior in grain, texture, and keeping quality.

The changes necessary with these flours involve increasing the salt to

from 1-1/2 to 2 per cent, and increasing the sugar to 4-1/2 parts and the yeast to 3 parts. This means an increased cost on account of the increased amount of yeast. For this reason it is recommended that a home-prepared starter be used and directions are given in the bulletin for this. Further work is needed on this problem.

A representative of this bureau served on a departmental committee on the standardization of bread making tests for hard-wheat flours. This committee prepared a report which was presented at the June, 1925, meeting of the American Association of Agricultural Chemists.

Various problems in home canning have come up during the past year which are now being studied in this bureau. The most important of these is a study of the times and temperatures required for processing fruits and vegetables in glass containers, and the influence of a hot pack on the time required. This study has shown that the hot-pack method which the bureau is recommending makes possible a good pack without any loss of food material or color of the product; drives out any contained air, makes the exhaust unnecessary if the container is filled boiling hot, and decreases the total time required for sterilization.

Another problem which gave considerable difficulty last year was a color change which came in canned fruits. This did not seem to affect the taste, but it changed the appearance and interfered with the sale of the product. Seemingly it was associated in some way with the presence of metal, either in the form of a container or a cover which brought the metal directly in contact with the fruit. Various fruits have been canned this year in lacquered and unlacquered tin and in glass in an effort to find, if possible, what causes this change.

A study of the material being sent out by the States on the canning of

meat indicated such a wide variation in methods used that special attention has been given to checking and summarizing the results of all the work on meat canning previously done. A number of cans of meat which had been put up at various times during the last five years were opened and the contents scored. Comparing these data with those previously summarized, the following conclusions have been reached:

Meat canned in glass by processing for 1 hour at 15 pounds pressure was found to be good after five years. All that processed in the water bath for 3 hours spoiled. The results indicate that it is not advisable to use a lower pressure for a longer time, nor is a time shorter than 1 hour at 15 pounds desirable, except with meat that has been thoroughly precooked.

There seems to be very little difference in flavor whether the meat is canned with or without added liquid. The material heats through more quickly if precooked with liquid and the container completely filled with the boiling hot liquid, and if handled in this way the exhaust period can be eliminated.

Searing as a preliminary to canning has very little influence on the flavor unless the product is carefully seared and so gets a scorched flavor. There seems to be very little relation between the temperature of processing and flavor.

Work on chicken gave practically the same results as that obtained from the other meats.

The data on food composition for the revision of Office of Experiment Stations Bulletin 28, "The Chemical Composition of American Food Materials," have been assembled. The section on meat composition has been compiled first since this is needed in connection with the national project on meat production. Statistical study of this material seems to show that an average can

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be calculated which more nearly represents the composition of meat than the numerical average which has previously been used. These averages will be given in a publication now in preparation. The same method of study will be applied to the other food groups.

In connection with this material, Dr. H. C. Sherman, as chairman of a committee of the National Research Council, has asked the cooperation of the bureau in the selection of 200 foods most used in dietary calculations upon which preliminary data may be supplied. Representatives of the bureau are working upon this with Dr. Sherman.

For the past ten years various research agencies have been making vitamin studies, chiefly with the idea of showing the relation of vitamins to growth and health. In order to make application of this work in practical terms of breakfast, dinner, and supper menus, it is necessary to know in what foods the different vitamins occur and how the vitamin content varies with conditions of production and handling. A compilation has been made of the available data on this subject and studies are now under way to fill in the gaps. The bureau is cooperating in this with the various state experiment stations, and it is hoped that the combined contributions to practical dietetics may be a valuable addition to the figures now contained in the bulletin on the chemical composition of food materials.

It is important also that supplementary data be provided on the mineral content of foods and the organic acids with which these minerals are in combination. These data are being assembled, particular attention being given at the present time to the organic acid content of foods. This information is of interest because of its probable significance in relation to the digestibility of foods, to the acid-base equilibrium of the body, and

to the rate of excretion of certain waste products from the body. Chemical methods for determination of organic acids have been studied in order to check and add to the above data. It is proposed to continue this study with the idea of determining the influence the form of acid may have on the utilization of some of the more important mineral constituents of the body, especially calcium.

The material on the calculation and preparation of diabetic diets will be sent out in mimeographed form this year in order to get suggestions for changes which may increase its usefulness, before it is put into bulletin form. The cooperation of a number of dietitians and physicians who wish to put this material directly into the hands of diabetic patients has been secured. The numerous requests for this information indicate that this material, together with the new edition of Bulletin 28, will fill a long-felt need. There is need for further study along this line, particularly a study of forms and amounts of carbohydrates in some of the more unusual vegetable foods and of the percentage of utilization of some of the less frequently occurring forms of carbohydrate.

In connection with the food requirement studies being made by the Division of Economics, our attention was called to the need for more accurate information on the size of servings, the usual amount of waste, and the extent to which table waste may be eliminated. Such figures are important in calculating both family and institutional dietaries. Records are being prepared by means of which this data may be collected as a part of the routine work of the bureau. An effort will be made to enlist the services of the American Dietetics Association in this study. At the same time it is hoped that information may be had as to the distribution of the expenditures for foods

among the different food groups, and how this varies with the type of the institution.

A special study is being planned of institutional diets for children, with emphasis on ways in which these diets may be cheapened without decreasing their nutritive value.

During the year material has been summarized on the nutritive value of fruits and vegetables and their place in the diet. This will be one section of the forthcoming yearbook, and it is hoped may be published later in bulletin form to accompany the bulletin now in preparation on the cooking of vegetables.

A number of practical problems of food preparation have been taken up during the year. The results of these have been used in the news releases which go out from the department from time to time. The most important of these have been the cooking of meat undertaken at the request of the Bureau of Animal Industry, in order to test the cooking qualities of various grades, and for use in preparing exhibits; and a special study of the method of making preserves from the small soft fruits so as to retain their shape and plumpness. This will be continued during the coming year and the results brought together.

ECONOMICS DIVISION

The analysis of the farm standard-of-living data has been continued during the past year in informal cooperation with the Bureau of Agricultural Economics. The work on editing and general tabulation of results has included all of the Vermont and Maryland records and some of those from Kentucky and Alabama. The analysis of clothing expenditures by age and sex has been started for several States.

The study of the use of time by homemakers has been continued. The various forms used in this study have been revised in the light of the experience of the year. During the year, 987 daily time records from 141 homemakers have been classified, and 532 of these have been summarized. This material is of fundamental value in indicating where the housewife needs most help.

Work has been initiated during the past year in the analysis of the food expenditures of farm families. The data for this study were taken from the schedules of the study of standards of living in farm homes. These are being analyzed to determine the adequacy and economy, and the relation to these of the amount of food furnished by the farm. During the last fiscal year the statistical work on the Kentucky study of 370 families has been completed and a preliminary report has been prepared. Work has been started on the Vermont study and partial results sent back to that state.

In connection with the above study it was found necessary to revise and set up more definitely the scales of relative food requirements by age and sex for calories, protein, and the mineral constituents of the diet. Such scales make it possible to eliminate the variations in the composition of families by expressing their food requirements in terms of the adult man's requirement. This material has been brought together and will be submitted for publication in the near future in the form of a technical circular. This seems especially important just now in view of the fact that a number of the States are initiating similar studies under the Furnell Act. If these studies are to be comparable, there must be conformity in the scales and standard requirements used.

It was also found necessary to develop a short-cut method for calculating

the nutritive value of the diet. After reviewing all previous methods, a method has been prepared which combines speed with accuracy of results and includes the calculation of mineral content as well as calories and protein. This method uses the weighted average composition of 9 groups of foodstuffs instead of the composition of each of 125 separate foods and requires only one-fourth as much time as the long method. In the tests of accuracy so far made (with the average food consumption of large groups) it yields results, for all of the 5 nutritive factors considered, within 5 per cent of those obtained by the long method. For calories the results are within 1 per cent. This material is being summarized in the form of a technical paper and is to be sent to various cooperating agencies during the present year to be tested by them. It is exceedingly important that such a method should be developed in order that information on current habits of food consumption may be had from a larger number of families than is possible with the present detailed method of analysis.

In cooperation with a group of housewives in Washington, a study was made of the comparative cost in money and time of home and commercial laundering. This study was undertaken to test out a method of studying the comparative costs and the amount of time saved by the homemaker in having various household tasks, such as laundering, baking, and sewing, done outside the home. The method used in this study can be adjusted for studies of other tasks. The data from these studies will give the homemaker an economic basis for deciding which tasks to do herself and which to have done for her, and will provide a measure of the economic value of the work of the homemaker.

During the coming year, the analysis of the standard-of-living data

from farm homes will be continued. A general report on the results from over 3000 family records will be prepared in informal cooperation with the Bureau of Agricultural Economics.

The work on the food expenditures of farm families will be continued, using the method worked out during the past year. This study will include data from about 2000 family dietaries. With our present staff, about 750 dietaries can be calculated during the present year. The addition of two statistical clerks will make possible the calculation of 750 additional dietaries during the year. If time permits additional analyses will be made to determine:

1. The extent to which increasing size of family reduces the cost of adequate food. This information is needed in calculating the cost of adequate food for unusually large or small families. At present, almost no facts are available concerning this.

2. The extent to which adequacy in protein and minerals is related to the proportion of calories obtained from the different food groups. This will indicate the possibility of judging the protein and mineral adequacy of the diet merely by determining the proportion of calories from different food groups.

Reports on the analyses of food expenditures will be written up for each state as they are completed, and a general report, comparing the results in different states, will be prepared at the conclusion of the work.

If time permits, the existing data on food consumption among various groups and in various regions of the country will be further brought together. The collection of the figures from family expenditure studies is now almost complete, but the examination of production, distribution, export, and

import statistics remains to be made. These data are needed to throw further light on the adequacy of the food consumption in the country and to serve as guides to production and distribution of food.

The study of clothing expenditures of farm families will be started, using the data from the farm standard of living schedules. These data will be analyzed to determine:

The "standard" of clothing which was secured, as indicated by the kind, number, and cost of the articles bought. As far as possible, the adequacy of the standard will be judged and comparisons will be made with other groups. The relation of adequacy and cost will be considered.

The distribution of the money spent for clothing among the different groups of clothing, as footwear, outer clothing, etc., and the relation of this to adequacy and to differences in clothing needs of individuals of different age, sex, and occupational group.

The conditions under which families increase their expenditures for clothing.

The extent to which garments were made at home and the relation of this to the cost of clothing.

If the results from the above analyses warrant them, "standard" clothing lists for farm families will be drawn up for men, women, and children of several age periods.

A study will be made of methods of handling family finances. The efficient management of the family income involves the planning or budgeting of expenditures before they are made, and sufficient recording or accounting after they are made to show whether the plan is being followed. So far the teaching of household budgeting and accounting has met with little success, largely because the methods suggested have not been suited to the needs of the homemakers for whom they were intended.

In the proposed study data will first be obtained concerning the present

methods of handling family finances in farm homes, including facts concerning the share of each member of the family in deciding upon, making, and paying for purchases, the use of allowances, and the use of checking accounts. The degree of regularity of income from year to year and month to month will also be determined. On the basis of these facts, a method of budgeting and accounting in farm homes will be drawn up. This will then be tested out by farm homemakers, its shortcomings noted, and revisions made and tested, until a satisfactory method is obtained. The experience of other workers in this field will of course be ascertained. If the results of this work and of the analysis of the farm standard-of-living data warrant them, "suggested" budgets will be drawn up for farm families of varying size and income.

The study of the use of time by the homemaker will be continued. Further records will be secured and analyzed with emphasis on farm families. With the present statistical help weekly records of about 500 homemakers can be tabulated during 1925-26. We need to have eventually at least 3000 records, distributed among five or six different types of homemakers. Some of these will be collected and analyzed by state workers, but probably these will not number more than 1000 during the year. As this study is a fundamental one, throwing light on where the time problems of homemakers lie, it is very desirable that it be completed as rapidly as possible. An addition to the staff of two statistical clerks would double the number of records which we could handle during the year.

If time permits, studies will be started of the purchasing habits and facilities of the farm homemaker in regard to food and clothing. This will include such points as the types of stores from which she buys, her methods of ordering (mail, telephone, personal visit, etc.) and of paying (cash, credit, installment), the quantities bought at a time and the kinds or

qualities bought. As far as possible the factors which have led to these habits will be determined, including the attitude of the homemaker and the purchasing facilities which the community offers her. These facts are needed as a basis for education in purchasing and for improvement in purchasing facilities.

TEXTILES AND CLOTHING DIVISION

The Textiles and Clothing Division was inaugurated in July, 1924. For the major portion of the year there were only two workers in this division.

The first need seemed to be the summary and compilation of material to help the housewife in the selection of fabrics. Because the great proportion of textiles bought by the average family and most of the garments made in the home are of cotton, the first bulletin of the series deals with the selection of cotton fabrics. A list of the common cotton fabrics classified according to their suitability for various uses in the home is followed by facts about fabric construction and composition that will help the housewife in determining wearing quality. Concise, practical suggestions are given for judging the fiber, the yarn, the weave, the finish, and the fastness of the dye. A glossary of 100 important cotton fabrics is also included.

Another immediate demand made upon the workers of this division was for a revision of the farmers' bulletin on home laundering. This has been completely revised and is now being edited. In connection with the revision of this bulletin a series of studies on problems in home laundering has been started. These will be finally published in the form of a manual on home laundry practices which can be based on the results of experimental data. In beginning this, a study is being made of the starching process and the possibilities of using commercial sizes (stiffening mixtures) in home

laundering. Various formulae are being developed, and the effect of these on stiffness, feel, and length of time the fabric keeps its good appearance after being laundered is being determined. This is to be followed by a study of the influence of different temperatures on the different fabrics. Although ironing is one of the oldest of household tasks, practically nothing is known concerning the correct temperatures which should be employed and the effect of these on the finish and composition of the material. The difficulty of the laundry problem has led to the use of various "laundry aids" to lighten the task. Some of those now being used are injurious to the fabric and decrease the life of the clothing. Many of these are being sold to the housewife in forms that are uneconomic and without sufficient directions to safeguard their use. To meet this situation it is planned to work out instructions for home laundering which will make use of such laundry aids under their chemical names and in amounts which will safeguard their use. These formulae will be prepared for use both with and without washing machines.

In cooperation with the American Home Economics Association and the General Federation of Women's Clubs, a study is being made of home sewing practices of women throughout the country. There is at present very little definite information as to the actual amount of home sewing being done. This information is necessary since any work in clothing construction must be guided by the present needs of the women. In one case emphasis should be laid on the study of problems which come up in home sewing. In the other the clothing problems of the housewife become entirely those having to do with selection. Information is being obtained from groups of women widely distributed geographically and representing various economic industrial and professional groups. This, in connection with the material being collected

by the Economics Division in the standard-of-living studies, should give a very complete picture of the clothing problems of home women at the present time.

The proportions used at present in cutting patterns and in determining sizes of ready-made clothing are based largely upon measurements which are inaccurate and incomplete. This results in economic waste in that the amount of adjustment which is necessary in ready-made clothing, and the lack of uniformity of size and relation to age are such as to confuse the purchaser and unduly complicate shopping. In order to supply this information a beginning has been made in the collection of available figures on physical measurements of individuals of both sexes from 2 to 21 years. A study has been outlined by means of which the cooperation of various institutions may be obtained in making these measurements as a part of routine studies already under way, and submitting the results to this bureau for compilation. The figures for sizes of children's clothing seem to be especially faulty, so the beginning work will be with this age group.

A study of the designs used in children's clothing and their relation to habit formation has been initiated. A preliminary survey has been made of the designs offered now and in the past by the various ready-to-wear and pattern manufacturers, and it is hoped that in cooperation with the various nursery schools over the country designs may be developed for children's clothing which will be durable, easily constructed, easily laundered, and of real assistance in the training of the child.

A manuscript has been prepared on the use of simple patterns in home sewing and their adaptation to the different problems that arise.

LIBRARY

The removal of the bureau to a location at some distance from the rest of the department has made it necessary to keep on hand a larger collection of reference books than in the old quarters. The new building, however, gives far more suitable space for storing library material, and three well-lighted rooms are now devoted to it.

At present the bureau has a comparatively large number of texts on foods, including cookbooks; a fair number of the necessary books on chemistry; and most of the government publications needed. Only a start has been made in acquiring those needed in textiles and clothing, economic phases of the family and the household, house furnishings and equipment, and child care and training. The Department Library, of which the bureau library is of course a branch, is purchasing these as rapidly as funds permit. In addition to books the bureau library receives and circulates to the staff 142 periodicals.

As yet only a beginning has been made in the compilation of bibliographies that are needed to further home economics research. More time will be devoted to this during the coming year. Up to the present, practically all the limited time that the librarian could devote to reference work has been occupied in obtaining the information required for answering correspondence.

PUBLICATIONS AND PRESS MATERIAL

An important function of the bureau is to interpret and pass on to the housewife the results of scientific research that are applicable to home problems. Such practical applications must be stated simply and widely distributed to be of greatest value. This material is sent out in the form of press releases, syndicate material, and special articles, as well as of

bulletins and circulars of the department.

During the past year more than 200 articles dealing with the various phases of the work of the bureau have been sent through the Press Service to scientific journals, newspapers, and the women's magazines, with their millions of readers, and to radio broadcasting stations. These include articles on the organization and program of the bureau, brief popular discussions of nutrition and food selection, methods of preparing various foods for the table, steps in budgeting time and income in the home, selection of textiles, and other questions of vital interest to the homemaker. During Child Health Week, May 1-8, the bureau cooperated with the American Child Health Association in issuing a special series of press releases calling attention to the important relation of food to health in growing children, the signs by which good and poor nutrition may be recognized, and the foods best adapted to children's needs. A similar set of news releases on the convenient arrangement and equipment of the house were sent out during Better Homes Week, May 11-17. The following list gives the signed articles contributed to periodicals by members of the staff:

- The digestibility of tepary beans. Harry J. Deuel. Journal of Agricultural Research, vol. 29, no. 4, p. 205-208
- The field of research in the economics of the home. Hildegard Kneeland. Journal of Home Economics, vol. 17, no. 1, p. 15-19
- Pitting your brains against the clock. Ilena M. Bailey. McCall's Magazine, vol. 52, no. 5, p. 40, 59
- The psychology of child nutrition. C. Rowena Schmidt. Journal of Home Economics, vol. 17, no. 5, p. 260-264
- Feeding problems of young children. C. Rowena Schmidt. Journal of the American Association of University Women, vol. 18, no. 3, p. 37-39
- The use of the metric system in nutrition. Hazel E. Munsell. American Food Journal, vol. 20, no. 4, p. 207-208
- The high school practice house. Louise Stanley. Child Welfare Magazine, vol. 19, no. 9, p. 477-478
- The health of the country child. Louise Stanley. The Country Gentleman, vol. 90, no. 18, p. 19, 22
- Bargain hunting at the green grocer's. Minna C. Denton. McCall's Magazine, vol. 52, no. 9, p. 32, 34

Three new farmers' bulletins and one circular have been submitted for publication. The first of these entitled "Home Baking" has been printed and is now being distributed. This bulletin through its discussion of materials and what makes for quality in baked products is of value to the housekeeper not only in baking at home but also in choosing commercial products. It gives methods and proportions for making typical yeast breads, quick breads, cakes, and other baked goods, and suggests ways of substituting various ingredients, such as soft-wheat for hard-wheat flour, so that economical use can be made of the materials at hand.

"Selection of Cotton Fabrics," the second of these farmers' bulletins has been discussed under the work of the Division of Textiles and Clothing.

The third, entitled "Canning Fruits and Vegetables at Home," has been prepared in consultation with all other bureaus of the department concerned with home canning problems, to meet the numerous requests continually received for information on methods of home canning. The recommendations given are based on the most reliable facts that could be obtained, and they are stated in as simple form as is consistent with scientific accuracy.

The circular submitted for publication entitled "A Guide to Good Meals: For the Junior Homemaker," has been prepared at the request of the Office of Cooperative Extension Work for use among members of boys' and girls' food selection and meal planning clubs. Special effort has, therefore, been made to present the principles of food selection in simple, concrete form and to make the discussion interesting and readable.

The demand for bulletins on home economics topics continue to exceed the supply, and the free distribution of most of those in the farmers' bulletin series was curtailed for from one to four months while reprints were being made. Notwithstanding, 1,407,115 copies of seventeen bulletins and 53 (11-10-25)

circulars which originated in this bureau and the former Office of Home Economics were distributed free during the year in response to requests coming to the department. This total does not of course include the large number of copies sold by the Superintendent of Documents of the Government Printing Office. The distribution of each bulletin is shown in the following list:

Free Distribution of Bulletins on Home Economics Topics During the
Year Ending June 30, 1925

<u>Farmers' bulletins</u>	<u>Distribution</u>	<u>Out of stock</u>
607, The farm kitchen as a workshop	51,885	2 months
653, Honey and its uses in the home	42,300	1 month
712, School lunches	76,575	4 months
717, Food for young children	157,998	---
817, How to select foods: II. Cereal foods	43,491	---
861, Removal of stains from clothing and other textiles	306,858	2 months
1180, Housecleaning made easier	106,581	4 months
1195, Rice as food	34,820	---
1219, Floors and floor coverings	70,250	3 months
1236, Corn and its uses as food	43,303	---
1313, Good proportions in the diet	119,875	1 month
1324, Lamb and mutton and their use in the diet	15,400	2 months
1359, Milk and its uses in the home	101,500	1 month
1374, Care of food in the home	150,735	---
<u>Department circulars</u>		
189, The well-planned kitchen	8,609	---
254, Homemade apple and citrus pectin extracts and their use in jelly making	5,193	---
<u>Miscellaneous circular</u>		
24, Time-tables for home canning of fruits and vegetables	71,737	
Total.....	1,407,115	

The "Selected List of Government Publications on Foods and Nutrition" which was mimeographed last year, proved so valuable to teachers and other home economics workers that it was revised and a similar list compiled on textiles and clothing. This seems to be the most satisfactory form for this material since frequent revisions are necessary.